

Erie County Stay Fit Dining Program

AFRICAN-AMERICAN MENU

February 2016

Mon	Tue	Wed	Thu	Fri
1 Sweet & Sour Chicken over Fluffy Brown Rice Italian Green Beans Mixed Vegetables Fresh Fruit 580	2 BBQ Pork Ribette Fresh Hoagie Roll Whipped Chive Potatoes Carrot Coins Fruit Delight Bar 853	3 Roasted Chicken Thigh Au Gratin Potatoes Tender Peas Fresh Pan Rye Bread Fruited Gelatin 661	4 Hearty Meatloaf w/Gravy Mashed Sweet Potatoes Cauliflower Fresh Dinner Roll Cinnamon Rice Pudding w/Raisins 919	5 Chili Con Carne White Rice Sweet Corn Apple Juice Sugar Cookies 929
8 Boneless Chicken Breast w/Pan Gravy Oven Baked Beans Mashed Squash Fresh Dinner Roll Tropical Fruit 774	9 <u>Mardi Gras Lunch!</u> Chicken & Sausage Jambalaya Mixed Vegetables Apple Juice Wheat Dinner Roll Special Holiday Donut 883	10 <u>Ash Wednesday</u> Cheese Omelet w/Creole Sauce Seasoned Diced Potatoes Apples & Cranberries Blueberry Muffin Chocolate Mousse 879	11 <u>Valentine's Day Lunch!</u> Sliced Turkey w/Stuffing & Pan Gravy Whipped Potatoes Broccoli Luscious Cherry Pie! 800	12 Vegetable Lasagna Roll w/Meat Sauce Green Beans w/Red Pepper Fresh Italian Bread Apple Crisp 727
15 <u>Patriots Day Holiday!</u> <u>No Meals Served!</u>	16 Ham & White Bean Casserole over White Rice Peas & Carrots Grape Juice Fresh Fruit 698	17 Breaded Pork Loin w/ Pan Gravy Lyonnaise Mashed Potatoes Mixed Vegetables Frosted Cherry Cake 798	18 <u>Soup & Sandwich</u> Hearty Minestrone Soup Shredded Turkey & Gravy on a Soft Roll Cauliflower Oatmeal Cookie 684	19 Baked Fish w/Dill Sauce Stewed Tomatoes w/Croutons Broccoli Ambrosia w/Fruit 500
22 Pork Cubes in Gravy Whipped Potatoes Orange Glazed Carrots Fresh Rye Bread Chocolate Pudding 718	23 Hamburger w/Gravy & Ketchup / Wheat Soft Roll Oven Brownd Potatoes Mashed Squash Pineapple Tidbits 830	24 Veal Parmesan over Penne Pasta w/Tomato Sauce Italian Style Beans Cauliflower Sugar Cookies 939	25 Traditional Polish Sausage Hot Dog Bun Lazy Pierogi Apples & Cranberries Pumpkin Bavarian 885	26 Breaded Fish w/Tartar Sauce Broccoli-Cheese-Rice Casserole Tender Peas-Coleslaw Frosted Brownie 683
29 Turkey Vegetable Casserole Whipped Chive Potatoes Buttermilk Biscuit Fruit Delight Bar 811	1 Homemade Goulash w/Shredded Cheese Broccoli Chef Salad w/Dressing Fresh Italian Bread Fresh Fruit 738	2 Ham Steak w/Mustard Sauce Mashed Sweet Potatoes Cauliflower Fresh Wheat Bread Strawberry Bavarian 644	3 Breaded Chicken Cutlet w/ Cacciatore Sauce Carrot Coins Green Beans Wheat Roll Tropical Fruit 799	4 <u>Entrée Salad</u> Tuna Pasta Salad Fresh Mixed Greens w/Tomatoes & Carrots Grape Juice Unsalted Crackers Diced Pears 705